

ADULT GYMNASTICS/ OPEN GYM

WHEN

Friday

6:00PM – 8:00PM

WHERE

**ORLANDO METRO
GYMNASTICS LAKE
MARY**

1180 Emma Oaks Trail, Lake Mary, FL 32746

Beginners welcome.

**Fitness * Calisthenics * Stretching * Flipping * Tumbling *
Strength Training * Movement * Flexibility**

Instruction available at all levels!

(407) 333-0907

ORLANDOMETROGYMS.COM

**AGES 18+
WELCOME**

**WAIVER MUST
BE SIGNED**

**In order to participate,
the waiver must be
signed prior to
attending.**

PRICES

\$15.00/class

\$100.00/8 Vouchers

EQUIPMENT

**Access to all events,
foam pits, and
equipment.**

30,000 SQFT

**Our Olympic facility is
over 25,000 sqft, with
foam pits over each
event.**

